

Voice of the International Students

# VIS

医学研究科  
国際連携室だより

(March 2011  
Vol. 4)

## What is VIS ?

The International Relations Office of the Faculty of Medicine issues a newsletter "VIS" to send out a live message from our international students and to promote the exchange of cultural information from different countries. We hope this letter helps to cultivate intercultural communications and put international exchanges into action. (quoted from VIS Vol. 1)

このニュースレターの発行の目的は、留学生の生の声を外に出すことと、異なる国の文化の情報交換を促進することにあります。このニュースレターが異なる文化間のコミュニケーションを養い、国際交流を実行していく上で役に立つことを望んでいます。(VIS Vol.1 より転載)

## Voyage

インターナショナル・アワーによる世界巡り



**Muhammad BAGHDADI**

PhD Student, Hokkaido University  
Graduate School of Medicine  
(Syria)

The international hour is quite simply a "voyage" around the world! It can give you the opportunity to enjoy the European winds and at the same time experience the equatorial rain and beautiful sceneries of Africa. You may also be excited to learn about the mysterious Amazon, surprised at the very hot temperatures in the Sahara deserts, and impressed with the history and beauty of Asia!

It was a great pleasure to have the chance to introduce my country, Syria, to my Japanese and international friends on December 2, 2010. I was especially pleased to see that many of my Japanese friends are really

interested in Syria and other Arab countries in the Middle East. I have to extend a big thank you to all those who joined my presentation, because it was a chance for you to learn about my country, after introducing it to you!

I sincerely hope that we can meet again and take part on a new voyage to a new place during the international hour!

パスポートも航空券も要らない、世界を巡る"インターナショナル・アワー"へようこそ!



## A Proper Room for Muslim Students

イスラム教徒の学生のお祈りの部屋



### Mamun MOHAMMED

PhD Student, Hokkaido University  
Graduate School of Engineering  
(Bangladesh)

Hokudai is well known to its international students as being one of the prime public institutions in Japan. Located in Hokkaido, Hokudai's surrounding natural environment has four different types of beauty that corresponds with each season. Due to its abundant natural beauty, many international students choose Hokudai as a place to study in Japan.

In recent years, there have been significant number of Muslim students amongst other international students also studying at Hokudai. As most people know, a Muslim is expected to pray five times every day. However, there are no designated prayer places in Hokudai. Although Muslim students

have access to a Mosque (Sapporo Islamic Society Mosque, Kita 13 Nishi 3), it is very difficult to get there in the winter and during busy study periods.

In view of this, it would have been much better and convenient for Muslim students if there were prayer rooms in each faculty within Hokudai to enable them to practice their religion without unnecessary inconveniences.

イスラム教徒には1日に5回お祈りをする決まりがあります。昼間に2回あって、このときにお祈りをする場所に苦労します。モスク（イスラムの礼拝所）にいったらいいのですが、寒い冬や勉強が忙しいときには、研究科内にお祈りに使える部屋があればいいなと思います。

## Introduction of Malaysia

マレーシアの紹介



### Hasrizal SHAARI

PhD student, Hokkaido University  
Graduate School of Environmental Science  
(Malaysia)

Although 2011 was my second year to live in Sapporo and study at Hokkaido University, I feel like it has been a very different year from the last since I have had the wonderful opportunity to introduce my country through the Native Speaker Program. This program was organized by the GCOE (Global Center of Excellence) at the Graduate School of Environmental Science. I felt that it was the best platform to introduce the fascinating and attractive story of my beloved country, Malaysia, to both Japanese people and my fellow international students.

The differences among multi-ethnic societies in Malaysia and the diverse cultural values that exist should not be viewed as an

obstacle or hindrance. Rather, it offers a unique opportunity for Malaysians to develop better relationships in order to make us more understanding and appreciative of each other.

I believe that my speech at the Native Speaker Program gave useful insights and information about Malaysia to all the participants who attended.

今年は、私にとって北大にきて2年目になります。今回、環境科学院のGCOEが主催するNative Speaker Programsで自分の国マレーシアのことを話す機会をいただきました。マレーシアには多様な文化をもつ民族が住んでいて、このような民族間の文化の違いは、人間関係に障害になるどころか、相手に対して感謝する気持ちが湧き、むしろ関係を良くするという話をしました。今回の私の発表は、参加者に役に立つ情報を与えたと信じます。



## Why Japan?

私はなぜ日本に来たのか



### Sabry ABDALLAH

Msc Student, Hokkaido University  
Graduated School of Science  
(Egypt)

Seven years ago, I had the opportunity to meet a Japanese from JICA at my working institution in Egypt. The main purpose of his job was to teach our group about new techniques used in the field of environmental pollution monitoring. Fortunately, we shared the same office, which gave me a good opportunity to learn a lot from him such as implementing new approaches and techniques, understanding the value of cooperating with a team to achieve successful results and ultimately developing a passion for the field of environmental pollution monitoring.

This experience provided me with a great incentive to live within Japanese society and

to learn more from other Japanese environmental scholars. That was the main reason behind my decision to apply to a Japanese university for research work. Luckily after many attempts, I was finally accepted to Hokudai.

After living in Sapporo for more than one year, I'm really enjoying my life here. Despite the extremely cold winters that most Egyptians never experience, the warm feelings and respect I have received from the Japanese people have provided me with the power to face any problem that I experience each day.

JICA を通してエジプトにきて最新の技術を教えてくれた日本人に出会ったことが、日本に留学を希望する動機になりました。

## Effective Diet Support for International Muslims

イスラム教徒の人たちへの食事サポート



### Hiroko TAKANO

International Relations Office,  
Hokkaido University  
Graduate School of Medicine (Japan)



Three students from the Tenshi College Department of Nutritional Science presented their research papers concerning "DIET SUPPORT" for International Muslims living in Sapporo. Their method of research was to conduct questionnaires on Muslims at a Mosque and to analyze the completed

questionnaires. Almost all of the Muslims interviewed for the questionnaires were International students of Hokkaido University.

According to the results achieved from this research study, most Muslims focused on problems relating to food distinction between HALAL AND NON-HALAL food products. Their strongest recommendation was to indicate the names of raw materials more clearly on the packages of each food product.

The Tenshi College students suggested that the most effective diet support for Muslims would be the construction of a word table in which the names of the raw materials that are banned by their religion are shown

both in Japanese and English.

These conclusions appear to provide strong sociocultural merits for the design and implementation of such a word table.

天徳大学栄養学科の学生が「イスラム教徒が食べてはいけない食材の日本語と英語の対訳一覧表」の作成を提案しました。これは役にたちそうです。



Students of Tenshi College



## Best Year-end Party Ever!

最高だった年末の会



**A.B.M. Alauddin CHOWDHURY**

PhD Student, Hokkaido University  
Graduate School of Medicine  
(Bangladesh)



At the end of last year, I was able to enjoy an awesome “year-end party” with my family and friends despite the bad weather conditions full of severe cold and heavy snowfall. Fifty-five people from fifteen different countries gathered in the well-decorated party room to say farewell to 2010 and welcome 2011.

People not only enjoyed the traditional Japanese foods (which were prepared according to HALAL standards) and other foreign delicacies, but also participated in variety of talks, games and photo sessions. We also cooked Bangladeshi traditional chicken curry and Khichuri (MAME GOHAN). My joy increased when I realized that my fellow participants were really enjoying traditional food from my country along with other delicious dishes! The party’s fun

was accelerated when an amazing Bingo Game started. Everybody enjoyed the game while it lasted and eventually seven people won exciting gifts.

Undoubtedly, it was a memorable day. I would like to extend immeasurable thanks to Takano Sensei who was the architect of this wonderful year-end party, and to all other participants for making it possible for me to say, “This was the best year-end party ever!”

2010年の年末にあった国際連携室主催のパーティーには、悪天候にもかかわらず55名が集まりました。参加した留学生たちは伝統的な日本の正月料理を楽しむ一方、私と妻が用意したバングラデシュのチキンカレーと豆ご飯も喜んで食べてくれました。ビンゴゲームもあって、これまでで一番盛り上がった会になりました。参加して下さった方ありがとうございます。



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